

# People and Technology: Eight ways you can be effective too!

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The incredible level and use of technology underway today never ceases to amaze me! We are simply overwhelmed by it. Something as simple as a decision to purchase a cell phone can quickly become a paralyzing experience because of the 'technical' options we have. Place this in the context of our work and everyday lives and we often don't know where to begin. All this talk of genetics, robotics, artificial intelligence, and nanotechnology! (Huh?)

Research suggests that those who are 'early adopters' of technology (and new things in general) are most likely also those who will not only survive well in life but can be successful. Where will you fall on the continuum of life's experiences and results when all is said and done? Will you be able to keep up?

Following are eight suggestions to help guide you, to a point of success, in this ever increasing technological world:

- 1) Make a true **commitment** to learn new things, even those things that seem totally impossible to you. Recent research indicates that if you force yourself to learn something new your brain will actually adapt and make it easier for you to understand the subject.
- 2) Develop a **strategy** for what you need to learn and what technology you think you will need at work and in your personal life. Having a clear picture of what you believe will help you heighten your chances of success.
- 3) Once you're clear about what technology to master then **research** all the potential sources for learning that technology (books, magazines, Internet sites, television programs, etc.)
- 4) **Educate** yourself on the subject matter...literally become an 'expert' at it. Try webinars, college courses, books, free website links and materials, etc.
- 5) **Networking** is a great way to meet people who have a passion for a given subject and many are willing to share their thoughts and expertise. Join affinity groups, professional networking organizations, associations, etc.
- 6) Once you begin to feel comfortable with your knowledge and command of the technology, offer yourself as a tutor or mentor of others whose knowledge of the subject is less than yours. Volunteer for **teaching** assignments or presentations on the basic "how to's" of the technology.
- 7) Be **persistent** in your pursuit of knowledge on the subject of technology. Stick with the learning process!!
- 8) **Renew** your understanding and passion for the technology. The 'half-life' of technology in every area, we can think of, is incredibly brief. If you learn to keep up over time it will be easier to determine what you don't know.

**There you have it!**

You now know eight ways to ensure that you not only keep up with our technology-driven world but actually thrive in the process. Good luck!